

# Adult Classes

# FITNESS, SPECIAL INTEREST & SAFETY

## Zumba (Dance & Fitness) 8 Weeks (2 sessions)

Zumba is based on the principle that a workout should be fun and easy to do! The Zumba high energy routine features aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Dance to various Latin and international music including salsa, meringue, reggaetone, hip hop, and much more. No dance experience required.

FEE: \$30                      BEGINS: 2/27, 4/24  
(no class 5/29)

<b>AGE</b>	<b>DAYS</b>	<b>TIME</b>	<b>LOCATION</b>
18-up	Sat.	11:00 a.m.-12:00 p.m.	SP

## Total Body Sculpting 4-weeks (3 sessions)



Instructed by a Certified Personal Fitness Trainer, Total Body Sculpting is a complete body workout that exercises every muscle group in a one hour class. The class combines dumbbells, core training, stretching, and cardio. You will experience weight loss, shaping, and toning of your body; building more endurance. This class is for all fitness levels and only requires that you bring 3 lb. weights, a mat, water, and a towel because you will sweat. Community mats provided if you can not bring your own.

FEE: \$30                      BEGINS: 2/27, 3/27, 4/24

<b>AGE</b>	<b>DAYS</b>	<b>TIME</b>	<b>LOCATION</b>
Adult	Sat.	11:30 a.m.-12:30 p.m.	TP

## Boot Camp Fitness 6 weeks (3 sessions)

The focus of this boot camp is flexibility, stamina, and strength. The program combines cardiovascular and strength training exercises in a regimented form using kick boxing, karate, aerobics and calisthenics. Be prepared to amaze yourself as you will find this is the toughest boot camp you'll ever love! This class is designed for ALL levels of fitness.

FEE: \$45                      BEGINS: 2/22, 4/5, 5/17  
(no class 5/31)

<b>AGE</b>	<b>DAYS</b>	<b>TIME</b>	<b>LOCATION</b>
14-up	M/W	7:30-8:30 p.m.	SP

## CPR and First Aid

Provides information on how to recognize and care for life threatening emergencies such as respiratory or cardiac problems, sudden illness or injuries to infants, children and adults. Certification: Adult/Infant/Child CPR, valid 1 year; Community First Aid & Safety, valid 3 years.

***This class is offered at Thompson Park through the American Red Cross. Classes are offered in English only. Cost is \$40 for Infant/Child/Adult CPR and \$50 for CPR and Community First Aid. Students will also have the option to purchase the training materials for an additional \$10. Registration is conducted by the American Red Cross via phone or internet; please contact directly for dates and times.***

(562)490-4035 or

[www.greaterlongbeachrc.org](http://www.greaterlongbeachrc.org)

## California Notary Public Training 1 Day



Become a valuable employee or successful in a new career! California needs additional professional notaries for financial, real estate, business and law professions. This class will provide the new or previously commissioned notary with the education and skills to detect fraud and pass the state proctored examination. This class exceeds the State qualifications for new applicants and notaries that are renewing their commissions. Commissioned notaries may take this course six months prior to their commission expiration date. Students will receive a State approved Certificate of Completion for the class in order to take the State proctored notary examination. \$45 for materials payable to instructor at class.

FEE: \$70                      BEGINS: 3/20 or 5/1

<b>AGE</b>	<b>DAYS</b>	<b>TIME</b>	<b>LOCATION</b>
18-up	Sat.	8:00 a.m.-4:00 p.m.	SP

## Dog Obedience 6 Weeks (1 session)

This course covers all your needs for a family dog and much more! Acclimate your puppy (5 months or older) or dog to other dogs or strangers, and correct problems such as chewing, jumping and digging. All vaccinations must be current. A participation contract will be enforced. PLEASE DON'T BRING DOG TO FIRST CLASS!

FEE: \$60                      BEGINS: 2/23

<b>AGE</b>	<b>DAYS</b>	<b>TIME</b>	<b>LOCATION</b>
16-up	Tues.	6:30-7:30 p.m.	CP Tennis Courts

## Pilates for Seniors 5 weeks (3 sessions)

The Pilates method changes your body to be fitter, stronger and more attractive. This intermediate course for seniors will slim muscles, increase strength and mobility, improve posture, body alignment and coordination. Bring water and a towel. Mats provided. Previous Pilates experience is required.

FEE: \$35                      BEGINS: 2/24, 4/7, 5/19

<b>DAYS</b>	<b>TIME</b>	<b>LOCATION</b>
Wed.	2:00-3:15 p.m.	SP

## Aerobic Cardio Training Continuous

Firm up and lose inches with this low impact, high energy class. Have fun while toning and shaping your body. Various modes of aerobic activity are used including kickboxing, step, weight training and toning exercises. Be sure to wear comfortable shoes and don't forget a hand towel and water. Workout equipment is provided. Join anytime and begin to see and feel the benefits of exercise within just ten workouts. This class is co-ed. No kids in class, please. Classes must be used within two months from day of purchase.

FEE: \$45/15 classes                      \$25/5 classes                      \$5/1 class

<b>AGE</b>	<b>DAY</b>	<b>TIME</b>	<b>LOCATION</b>
16-up	T/Th.	6:30-7:30 p.m.	SP

# Adult/Youth Classes

## FITNESS & SPECIAL INTEREST

### Beginning Yoga/Pilates Continuous

Reduce stress and learn relaxation techniques through yoga and Pilates. This body-conditioning class uses strengthening and stretching exercises to improve balance, posture, flexibility & tone muscles. Visible results with 10 workouts combined with a low-fat diet. Weights/mats provided. Classes are co-ed. No kids in class, please. Classes must be used within two months from day of purchase.

FEE: \$50/15 classes      \$30/5 classes      \$9/1 class

AGE	DAYS	TIME	LOCATION
16-up	M/W	6:30-7:30 p.m.	SP

### Belly Dancing 8 weeks (2 sessions)

Trim and beautify your body while learning the graceful, sensuous movements of belly dancing. Shimmy your way to great abs and reduce stress levels. Redefine your self-image, getting in touch with your inner feminine beauty. Wear loose, comfortable clothing. Recommended accessories may be purchased from the instructor (less than \$20). No kids in class, please.

FEE: \$45      BEGINS: 2/22, 4/19 (no class 5/31)

AGE	DAYS	TIME	LOCATION
14-up	Mon.	7:45-8:45 p.m.	SP

### Aerobics/Yoga Combo Continuous

The best of our popular fitness classes combined in one class. Begin with warm-ups and low impact aerobics. Use weights and steps to strengthen and tone muscles then cool down with yoga and the Pilates method. Bring water and a towel. Workout equipment and mats provided. This class is co-ed. No kids in class, please.

FEE: \$45/15 classes      \$25/5 classes      \$5/1 class

AGE	DAYS	TIME	LOCATION
16-up	Fri.	6:30-7:30 p.m.	SP



*The following classes are offered at Stitches in Time, 16525 Bellflower Blvd., Bellflower. Pre-register at Simms Park at least one week prior to class starting date:*



### Learn to Knit or Crochet 3 weeks (1 session)

Spend a relaxing evening learning to knit or crochet. Today's beautiful yarns make it easy to create wonderful things to wear or give. Beginners receive individual instruction on their choice of project: a scarf, hat, or sampler afghan. Materials may be purchased from instructor at first class (approximately \$15.00 - \$25.00).

FEE: \$30      BEGINS: 3/4, 3/5 or 3/6

AGE	DAYS	TIME
13-up	Thurs.	2:00-4:00 p.m.
13-up	Fri.	6:00-8:00 p.m.
13-up	Sat.	12:00-2:00 p.m.

### Kid's Knit & Crochet Hand-dyed Yarn

3 week (1 session)

We will have fun with Kool-Aid as each student hand-dyes their own custom-colored yarn. Then each student will learn to knit or crochet their special yarn into a purse, belt or scarf. \$10.00 materials fee is payable to instructor at first class.

FEE: \$24\*      BEGINS: 4/24

\*Register with a parent, sibling or friend and they pay \$16

AGE	DAYS	TIME
7-up	Sat.	10:00 a.m.-12:30 p.m.

### Knit a Quickie Baby Blanket 2 weeks (1 session)

Using two strands of yarn and large needles, students will learn to make cozy, fluffy blankets for babies, which could be expanded to be an adult-sized throw. There are several patterns from which to choose, from beginner to intermediate. Bring or plan to purchase size 13, 24" or longer circular needles. Materials may be purchased from instructor at first class (approximately \$28.00).

FEE: \$25      BEGINS: 5/13, 5/14 or 5/15

AGE	DAYS	TIME
13-up	Thurs.	2:00-4:00 p.m.
13-up	Fri.	6:00-8:00 p.m.
13-up	Sat.	12:00-2:00 p.m.

### "Kitchen Kapers" in Knitting or Crocheting

3 weeks (1 session)

Create retro accents or cute and useful gifts. Students make a basic knitted wash cloth and crochet a pot holder and towel topper. Please bring a standard terry cloth kitchen towel to the first class. Bring or plan to purchase size 7 knitting needles, size G or H and size B or C crochet hooks. \$12.00 materials fee is payable to instructor at first class.

FEE: \$35      BEGINS: 6/3, 6/4 or 6/5

AGE	DAYS	TIME
13-up	Thurs.	2:00-4:00 p.m.
13-up	Fri.	6:00-8:00 p.m.
13-up	Sat.	12:00-2:00 p.m.

# Youth/Teen Classes

## FITNESS & SPECIAL INTEREST

### Mini Athletes 4 weeks (2 sessions)

Children will team up with their parent as they are introduced to sports, exercise, fitness, obstacle courses, and other activities to begin their journey to a healthy lifestyle. Parent attendance, assistance, and participation is required.

FEE: \$25      BEGINS: 2/27 or 4/10

AGE	DAYS	TIME	LOCATION
1.5-2.5	Sat.	10:30-11:00 a.m.	TP

### Short Sports 4 weeks (2 sessions)

Children will learn how to use different sports equipment and enjoy a wide variety of activities which all revolve around sports. Parent attendance and assistance is required.

FEE: \$25      BEGINS: 2/27, 4/10

AGE	DAYS	TIME	LOCATION
2.5-4	Sat.	11:15 a.m.-12:00 p.m.	TP

### Rookie Soccer 4 weeks (2 sessions)

Children will be introduced to soccer through a wide variety of fun and active games. Parent attendance, assistance, and participation is required.

FEE: \$25      BEGINS: 2/27 or 4/10

AGE	DAYS	TIME	LOCATION
2.5-4	Sat.	1:00-1:45 p.m.	TP

### Dance and Tumbling for Tots 4 weeks (3 sessions)

Learn basic tumbling skills and simple dance steps, songs, and body coordination. Tumbling exercises taught include somersaults, snakes, balance beam, jump ropes, skipping, crab walk, and spider walk.

FEE: \$30      BEGINS: 2/26, 3/26, 4/23

AGE	DAYS	TIME	LOCATION
3-5	Fri.	1:15-2:15 p.m.	TP

### Alice in Wonderland on Ice Show 8 weeks (1 session)

Children ages 4 – 18 are invited to join in a production of Alice in Wonderland on Ice. Fee includes 4 half hour classes of ice skating instruction and 4 half hour choreography lessons taught by a qualified instructor at Glacial Garden Skating Arena, 3975 Pixie Avenue, Lakewood (Carson and Paramount). All students will perform as a group on May 21 and 22 (time TBD). Dress warmly in layers and bring mittens or gloves. Check-in at least 30 minutes prior to class time. Minimal costume fee and ISI membership fee of \$15 must be paid directly to Glacial Garden Skating Arena. Pre-register at Simms Park.

FEE: \$82      BEGINS: 3/31, 4/1 or 4/3

AGE	DAYS	TIME
4-18	Wed.	6:00-6:30 p.m.
4-18	Thurs.	4:30-5:00 p.m.
4-18	Sat.	11:15-11:45 a.m.

### Practical Self-Defense 4 weeks (4 sessions)

Learn to defend yourself while improving your strength and cardio, gain self-confidence, self-esteem, and self-control. Training includes stand-up, take-downs, grappling, and submissions. Train using modern and traditional martial arts self-defense methods. This class is for students ages 6 through adult.

FEE: \$25/session  
BEGINS: 2/22, 3/22, 4/19, 5/17 (no class 5/31)

AGE	DAYS	TIME	LOCATION
6-up	M/W	5:30-6:30 p.m. (Beg.)	TP
6-up	M/W	6:30-7:30 p.m. (Adv.)	TP

### Karate for Tots 6 weeks (3 sessions)

This class is designed to develop eye-hand coordination, greater motor skills as well as self discipline and respect for others. Children will work on tumbling, coordination and basic techniques through playful games associated with karate. Students must be a minimum of 4 years old to participate. No exceptions!

FEE: \$24      BEGINS: 2/24, 4/7, 5/19

AGE	DAYS	TIME	LOCATION
4-5	Wed.	5:45-6:30 p.m.	SP

### Karate 6 weeks (3 sessions)

Karate offers an excellent physical and mental workout, increasing ones' coordination and flexibility. Our well-rounded curriculum includes kick-boxing, grappling, katas and weaponry. Whether your goal is to build self-confidence, increase strength or just have fun, this class has something for every member of the family.

FEE: \$45      BEGINS: 2/22, 4/5, 5/17 (no class 5/31)

AGE	DAYS	TIME	LOCATION
6-14	M/W	6:30-7:30 p.m.	SP

### Youth Basketball Training 6 weeks (1 session)

Youth basketball training will teach kids the fundamentals of basketball, teamwork, spirit of competition and, most importantly, sportsmanship. Self confidence, ball control, coordination and fitness level will greatly improve over the course of instruction. If your goal is to improve for that next level, or just to have fun, this class is for you!

**NEW**

FEE: \$30      BEGINS: 4/12

AGE	DAYS	TIME	LOCATION
6-9	Mon.	6:00-7:30 p.m.	TP

### Hip-Hop Dance 8 weeks (1 session)

Classes for both kids and teens. Dance to the best of music from your favorite top hits. Learn hip-hop "video" dance steps and how to create your own style. Improve your self-confidence by knowing the latest moves.

FEE: \$25      BEGINS: 2/27

AGE	DAYS	TIME	LOCATION
6-10	Sat.	1:00-2:00 p.m.	TP

# Youth/Teen Classes

## FITNESS & SPECIAL INTEREST

### Beginning Classic Guitar 10 weeks (1 session)

Want to be a guitar virtuoso or just learn how to play some beautiful music on the guitar? Learn proper beginning classical guitar technique using fingerpicking style, learn to read and play standard guitar music notation, and learn basic meters and rhythm. Soon you will be playing beautiful instrumental music on your own, in class, and in front of family and friends. Bring your own acoustic guitar.

FEE: \$100      BEGINS: 2/27

AGE	DAY	TIME	LOCATION
7-12	Sat.	9:30-10:00 a.m.	CP
Teen-Adult	Sun.	10:15-10:45 a.m.	CP
Ret. Students	Sat.	11:00-11:30 a.m.	CP

### Ice Skating 4 weeks (3 sessions)

Beginning ice skating made easy and fun! Includes skate rental and open skating from 2:45 to 4:00 p.m. for the Thursday class, 7:00 to 7:30 p.m. for the Wednesday class, and 10:45 to 11:15 a.m. for the Saturday class. Learn to skate across the ice forward and backward, glide on one foot and complete a simple jump and spin. Dress warmly in layers and be sure to bring mittens or gloves. Check-in at least 30 minutes prior to class time. Class instruction is 30 minutes and is taught by a qualified instructor at Glacial Garden Skating Arena, 3975 Pixie Avenue, Lakewood (Carson and Paramount). Pre-register at Simms Park.

FEE: \$45      BEGINS: 3/3, 3/4 or 3/6  
3/31, 4/1 or 4/3  
4/28, 4/29 or 5/1

AGE	DAYS	TIME
4-6	Thurs.	4:00-4:30 p.m.
4-6	Sat.	10:15-10:45 a.m.
7-14	Wed.	6:30-7:00 p.m.
7-14	Thurs.	4:30-5:00 p.m.
7-14	Sat.	11:15-11:45 a.m.

### Parent & Me Ice Skating 4 weeks (3 sessions)

Have fun ice skating with your child in a relaxed atmosphere. Class fee includes skate rental for parent and child, half hour of instruction and a free practice session from 11:00 a.m. – 1:00 p.m. for the Tuesday class and 12:00 – 2:00 p.m. for the Saturday class. Dress warmly in layers and bring mittens or gloves. Check-in at least 30 minutes prior to class time. Class instruction is 30 minutes and is taught by a qualified instructor at Glacial Garden Skating Arena, 3975 Pixie Avenue, Lakewood (Carson & Paramount). Pre-register at Simms Park.

FEE: \$45      BEGINS: 3/2 or 3/6, 3/30 or 4/3, 4/27 or 5/1

AGE	DAYS	TIME
2-5	Tues.	11:15-11:45 a.m.
2-5	Sat.	12:15-12:45 p.m.

### Cheerleading 6 weeks (1 session)

This class is designed for boys and girls aspiring to become a cheerleader. Class will cover jumps and stunting techniques with new cheers and dance steps taught each week.

FEE: \$25      BEGINS: 2/26

AGE	DAYS	TIME	LOCATION
6-10	Fri.	6:00-7:00 p.m.	TP

### Online Driver's Education Continuous

Are you tired of asking your parents for a ride? Are you at least 15 years old? If so, this class is for you. This is an interactive, online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. Receive DMV-approved Certificate of Completion (OL 237) -required for teens under 17 ½ years old to obtain a learner's permit and driver's license. A licensed instructor is available to answer any questions. Students must have access to the internet. Registration is accepted continuously at Simms Park.

FEE: \$55      BEGINS: Continuous

AGE	LOCATION
15-up	Your own computer

### Youth Tennis 10 weeks (2 sessions)

Students learn fundamental skills and strategy to play winning tennis! Master your skills to become a top player! Beginner, intermediate, and advanced instruction will be provided. Develop coordination, strengthen concentration and get fit, while making friends and having fun! Registration will be held from 3:00 p.m. - 7:00 p.m. at Caruthers Park ONLY 1/18-1/22 for winter session and 4/5-4/9 for spring session.

FEE: \$66      BEGINS: 1/25, 4/12 (no class 2/15, 5/31)

AGE	DAYS	TIME	LOCATION
5-8	Mon.	5:30-6:10 p.m.	CP Tennis Courts
9-13	Mon.	6:15-6:55 p.m.	CP Tennis Courts

**For more information call (714) 259-1400**

### Introduction to Chess for Youth 6 weeks (1 session)

Learning chess is a great way to help kids develop their logic, memory and critical thinking skills. This includes learning calculation and comprehension all while practicing concentration. Kids will learn the basic fundamentals and will have fun doing it.

FEE: \$30      BEGINS: 2/26

AGE	DAYS	TIME	LOCATION
6-13 (Beginner)	Fri.	3:30-4:30 p.m.	CP
6-13 (Intermediate)	Fri.	4:30-5:30 p.m.	CP

### Youth Indoor Volleyball 6 weeks (1 session)

Youth indoor volleyball will teach kids the fundamentals of volleyball, teamwork, spirit of competition and, most importantly, sportsmanship. Self confidence, hand-eye coordination and fitness level will greatly improve over the course of instruction. If your goal is to get ahead of the game and get ready for your high school team, or just to have fun, this class is for you!

FEE: \$30      BEGINS: 4/11

AGE	DAYS	TIME	LOCATION
9-14	Sun.	2:00-3:30 p.m.	TP